



**ST. MARY'S CATHOLIC HIGH SCHOOL**

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**مدرسة القديسة مريم الكاثوليكية الثانوية**

ص.ب. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

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OUR REF : .....

TRN : 100259955100003

DATE : Wednesday, 6<sup>th</sup> November 2024.

**To: Parents of students in Years 1-13 :**  
**FIRST TERM EXAMINATIONS – JANUARY 2025**

**EXAMINATION TIMETABLES, EXAMINATION PORTIONS AND EXAMINATION RULES AND REGULATIONS AND SOME TIPS FOR COPING WITH EXAM STRESS.**

Dear Parents,

Greetings from St. Mary's. Following requests from several parents, we are sharing all key information with regards to the First Term Examinations well in advance so that as parents you have ample time to help your children . This will also help children to prepare purposeful study plans without getting overwhelmed by any last-minute preparation.

**EXAMINATION TIMETABLES :** We have attached the examination timetables to this circular. Please go through them carefully. These will also be posted under the examination tab on the school website.

**EXAMINATION PORTIONS :** All examination portions will be posted under the examination tab on the school website. These will also be posted in your child's GC and sent to the class group email.

**EXAMINATION RULES AND REGULATIONS ( YEARS 1-10 & 12 ) :**

- If your child is **very ill** and unable to attend school send an email to the class teacher with the medical certificate informing them of the absence. We will only re-schedule exams that have been missed for this reason. Re-scheduled exams are usually rescheduled as soon as the child returns or if there are many then these might be scheduled for a Saturday and/ or Sunday depending on how many exams have been missed. Please do not keep children at home for minor reasons. Any illness will require a medical certificate for rescheduling a test.

**Any absence will require a medical certificate to reschedule the exam, even if the absence is only for ONE DAY. In the absence of a medical certificate, an exam will not be rescheduled, and no marks will be credited for that missed examination.**

- b) Students must carry their stationery in a transparent plastic case or pouch. No borrowing will be permitted so please ensure that you have the required pens, pencils, erasers and geometry items as needed.
- c) **NO SMARTWATCHES ALLOWED DURING EXAMINATIONS.**
- d) Students must not have in their possession any electronic devices to include but not limited to mobile phones, smart watches, tablets, laptops, Bluetooth devices, ipods, mp3/4 players etc. If any of these items are found with a student during a test, they will be given a zero.
- e) Students must not have any unauthorised material during an exam – notes, chits of paper with written notes, any written notes concealed in the desk or on the person. If any of these are found with a student during a test, they will be given a zero (irrespective of the intent or the lack of it)
- f) Students must not resort to any form of malpractice during an exam, they must not speak to any other students during an exam. Any form of malpractice will lead to being given a zero for that particular exam.
- g) Students writing with pen **MUST ONLY USE A BLACK BALL POINT PEN.**
- h) NO ink erasers, correcting fluid or ink killers are permitted for examinations.
- i) Students must be on time for exams, no extra time will be given to late comers.

## **FIRST TERM EXAMINATION RULES AND REGULATIONS YEARS 11, 12 and 13 –JANUARY 2025**

- 1) **ALL CANDIDATES MUST REPORT AT 7:00 AM SHARP. Examinations will begin at 7:10 am. No extra time for later comers.**
- 2) **NO WRISTWATCHES ALLOWED AT ALL!!!** (This includes both smart watches and regular digital / analogue wrist watches as well). NO ELECTRONIC DEVICES OF ANY SORT. (Except a calculator) Any Bluetooth device found with a student during an exam will be considered as malpractice and will lead to disqualification.
- 3) Calculators **MUST NOT HAVE COVERS.**
- 4) Only **BLACK BALL POINT PENS** must be used.

- 5) Students must ensure that they have ample supply of their own stationery to include Black ball point pens, pencils (only for drawing), erasers, geometry equipment to include 30 cm rulers, protractors, compass, calculators (without covers), tracing paper (for Maths).
- 6) Cancellations of rough work or wrong answers must be made by cutting across them neatly with a **single line**.
- 7) The following are **STRICTLY PROHIBITED**: Correcting pens, correcting fluid or tape, erasable pens or blotting paper, highlighters or gel pens.
- 8) Students must not borrow or communicate in any way with, ask for help from or give help to another candidate while in the examination hall.
- 9) Students should raise their hands to attract an invigilator's attention.
- 10) If the fire alarm sounds, please remain seated and wait for instructions from the invigilator.
- 11) Only clear transparent plastic pouches or packets for stationery.
- 12) Water bottles must be transparent without any labels on it. Please remove the brand label if you are using commercial water bottles.
- 13) **FLASKS ARE NOT ALLOWED.**
- 14) Please note that any form of malpractice during the exams will lead to disqualification.
- 15) Students must be in proper school uniform. If you wish to wear a pull over / jacket inside the examination hall, please note that only the SCHOOL HOODIE or THE SCHOOL BRANDED VARSITY JACKET will be allowed. However, during an exam, hoodies must not cover the ears or head.
- 16) Students must not write any inappropriate, obscene or offensive material on the paper.
- 17) If you leave the examination room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return.
- 18) **ANY MALPRACTICE OF ANY KIND WILL LEAD TO DISQUALIFICATION.**

**Please find attached some simple strategies to help students to cope with any associated Examination stress. Please remind children that they can always talk to their class teachers or the counsellor if they need help with preparing study plans or to help with time management.**

Yours sincerely,



**Mr. Paul Asir Joseph**  
**( Principal )**



# TOP TIPS TO REDUCE TEENAGE EXAM STRESS



TOP TIP TO BEAT EXAM ANXIETY AND STRESS

**1**

CREATE A SUITABLE STUDY  
SPACE FOR YOUR TEENAGER

ENCOURAGE A BALANCED  
STUDY ROUTINE

**2**

**3**

REDUCE EXTERNAL STRESSORS  
FOR YOUR TEENAGER

BOOST YOUR KIDS CONFIDENCE,  
SELF-ESTEEM, SELF-WORTH

**4**

**5**

ENCOURAGE TIME OUT,  
TIME FOR PLAY

REDUCE TECHNOLOGY  
OVERLOAD, SWITCH OFF

**6**

**7**

TEACH THEM HOW TO  
MEDITATE AND RELAX

HELP THEM GET DEEP  
QUALITY SLEEP

**8**



# BEAT EXAM FEAR WITH THESE 7 TIPS

1. Believe you can do it.
2. Prepare well and be on time.
3. Do not compare yourself to others.
4. Ban negative thoughts from your mind.  
Instead have a positive mantra and repeat that in your mind.
5. Ignore any previous negative exam experiences. You live in the present and that is what counts.
6. Have a good night sleep before the exams and eat healthily.
7. Do imagery exercises the days leading up to the exam seeing yourself succeeding.

**Do you want more tips?**



# TIPS TO AVOID SLEEP WHILE STUDYING

## LIFELONG PUBLISHING

- Study in a well-lit area. Bright light helps suppress melatonin, the sleep hormone.
- Keep the room cool but comfortable. A slightly cooler environment can improve alertness.
- Find a quiet place to study, silence your phone notifications, and avoid multitasking.
- Dehydration can lead to fatigue. Sip water throughout your study session.
- Choose brain-boosting snacks like nuts, fruits, or yogurt. Avoid sugary treats that can cause a crash.
- Get up and move around every 30-60 minutes. Do some stretches, jumping jacks, or take a walk outside for fresh air.
- Don't just passively read. Take notes, summarize key points, create flashcards, or explain concepts out loud.
- Alternate between different study tasks to keep things interesting.



# BEAT EXAM STRESS



## GET SOME SLEEP

If you go to bed feeling anxious, you'll find it harder to fall asleep. Avoid starting a new chapter of revision late in the day. Everything will still be there in the morning when your mind is fresh



## DON'T AVOID TOPICS YOU DISLIKE

If a particular subject is causing issues, don't dwell on it for too long but don't forget about it completely. Changing your study environment or talking through it with someone can work wonders



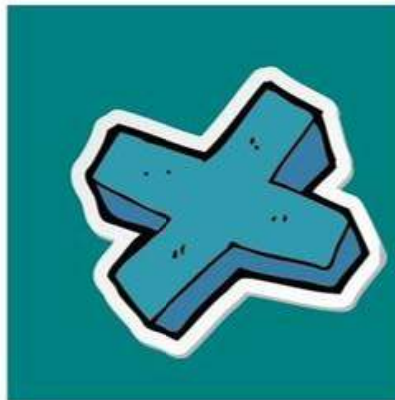
## FUEL YOURSELF EFFECTIVELY

Snacking on junk food while revising is all too easy, but won't do you any good. Brain foods like blueberries, avocados and salmon aid memory function. Also, don't be tempted to overdo the caffeine- too much can have negative effects



## FLEX YOUR MIND AND BODY

Any form of exercise is good during exam time. Yoga is particularly good at stimulating your brain to produce chemicals to control calmness. Deep, slow breathing techniques can aid relaxation. And even a few daily minutes of mindfulness can stop you feeling overwhelmed



## AVOID NEGATIVE VIBES

Avoid being a sounding board for moans from your friends-a "who's more stressed?" contest will do neither of you any good. Tune your TV to a comedy series rather than a news bulletin



## SCHEDULE IN A TREAT

Have something other than a single track focus on exam day. Book in a break away with friends that you can start looking forward to.



**FIRST TERM EXAMINATIONS – (YEARS 1 – 4) JANUARY 2025**

DATE	DAY	YEAR ONE	YEAR TWO	YEAR THREE	YEAR FOUR
10 <sup>th</sup> Jan	FRI	<b>No Exam</b>	English Writing	English Writing	English Language
13 <sup>th</sup> Jan	MON	English Writing	Arabic	UAE Social Stu.	Science
14 <sup>th</sup> Jan	TUE	<i>A day of Science</i>	Moral Education	Arabic	Moral Education
15 <sup>th</sup> Jan	WED	<b>English Reading</b>	English Reading	English Reading	English Lit.
16 <sup>th</sup> Jan	THU	<i>A Day at the Park</i>	PSHE	Geography	Maths
17 <sup>th</sup> Jan	FRI	<i>Favourite Book Character Day</i>	History	PSHE	Rel. Stu./ Values Ed./ Ctz
20 <sup>th</sup> Jan	MON	<b>Arabic</b>	Maths	Maths	Arabic
21 <sup>st</sup> Jan	TUE	No Exam	Science	Science	UAE Social Stu.
22 <sup>nd</sup> Jan	WED	<b>Maths</b>	Rel. Stu/Values Ed./ Ctz	Rel. Stu/Values Ed./ Ctz	History
23 <sup>rd</sup> Jan	THU	<i>Fancy Hat Competition Day</i>	No Exam	Moral Education	Geography
24 <sup>th</sup> Jan	FRI	<b>Science</b>	UAE Social St	History	French





**FIRST TERM EXAMINATIONS – (YEARS 5 & 6) JANUARY 2025**

<b>DATE</b>	<b>DAY</b>	<b>YEAR FIVE</b>	<b>YEAR SIX</b>
10 <sup>th</sup> Jan	FRI	English Language	English Language
13 <sup>th</sup> Jan	MON	Moral Education	Geography
14 <sup>th</sup> Jan	TUE	Geography	Rel. Stu./ Values Ed./ Ctz
15 <sup>th</sup> Jan	WED	English Literature	English Literature
16 <sup>th</sup> Jan	THU	Maths	Arabic
17 <sup>th</sup> Jan	FRI	History	UAE Social Studies
20 <sup>th</sup> Jan	MON	French	Moral Education
21 <sup>st</sup> Jan	TUE	UAE Social Stu.	French
22 <sup>nd</sup> Jan	WED	Arabic	Science
23 <sup>rd</sup> Jan	THU	Rel. Stu./Values Ed./ Ctz	Maths
24 <sup>th</sup> Jan	FRI	Science & Art	History & Art



## ST. MARY'S *Catholic High School, Dubai*

### FIRST TERM EXAMINATIONS – (YEARS 7 & 8) JANUARY 2025

DATE	DAY	YEAR SEVEN	YEAR EIGHT
10 <sup>th</sup> Jan	FRI	English Literature 1 & 2	English Literature 1 & 2
13 <sup>th</sup> Jan	MON	English Language 1 & 2	English Language 1 & 2
14 <sup>th</sup> Jan	TUE	Science	Geography & French
15 <sup>th</sup> Jan	WED	Moral Education	Rel. Stu./ Values Ed./ Ctz
16 <sup>th</sup> Jan	THU	Arabic	Maths Paper 1 & 2
17 <sup>th</sup> Jan	FRI	Geography & French	Moral Education
20 <sup>th</sup> Jan	MON	History	Science
21 <sup>st</sup> Jan	TUE	Rel. Stu./ Values Ed./ Ctz	UAE Social Studies
22 <sup>nd</sup> Jan	WED	Computing	Arabic
23 <sup>rd</sup> Jan	THU	Maths	History
24 <sup>th</sup> Jan	FRI	UAE Social Studies & Art	Computing & Art



**FIRST TERM EXAMINATIONS – (YEARS 9 & 10) JANUARY 2025**

DATE	DAY	YEAR NINE	YEAR TEN
10 <sup>th</sup> Jan	FRI	English Language 2 English Language 1	English Language 2 English Language 1
13 <sup>th</sup> Jan	MON	Rel. Stu./ Values Ed & English Lit2/Art	Physics/ Business
14 <sup>th</sup> Jan	TUE	Chemistry/ Economics	Moral Education & UAE SST
15 <sup>th</sup> Jan	WED	Moral Education & UAE SST	English Literature 1 / History1
16 <sup>th</sup> Jan	THU	Biology /Accounting	Maths Cal and Non Cal
17 <sup>th</sup> Jan	FRI	Math Paper 1 & 2	Psychology
20 <sup>th</sup> Jan	MON	English Literature 1 / History/ Art	Biology /Accounting & English Lit 2 / History2
21 <sup>st</sup> Jan	TUE	Psychology & Geography	Arabic
22 <sup>nd</sup> Jan	WED	ICT/ Computer Science	Chemistry/ Economics
23 <sup>rd</sup> Jan	THU	Physics/ Business	ICT/ Computer Science
24 <sup>th</sup> Jan	FRI	Arabic	Rel. Stu./ Values Ed

29<sup>th</sup> and 30<sup>th</sup> January will be the ART EXAM for Year 10 students.





**FIRST TERM EXAMINATIONS – (YEAR 11) JANUARY 2025**

<b>DATE</b>	<b>DAY</b>	<b>SESSION ONE</b>	<b>SESSION TWO</b>
10 <sup>th</sup> Jan	FRI	<b>Physics 1 - 1h 15 min Business Studies 1-1h 45 min</b>	<b>Economics 1 - 1h 30 min Chemistry 1 - 1h 15 min</b>
13 <sup>th</sup> Jan	MON	<b>Mathematics ( CAL P2 ) - 1h 30 min</b>	<b>Mathematics ( CAL P3 ) - 1h 30 min</b>
14 <sup>th</sup> Jan	TUE	<b>English Language 2 - 2hrs 05 min</b>	<b>English Language 1-1h 45 min</b>
15 <sup>th</sup> Jan	WED	<b>Physics 2 - 1h 15 min Business Studies 2 - 1h 45 min</b>	<b>NO EXAMS NO LESSONS</b>
16 <sup>th</sup> Jan	THU	<b>Math ( NC P1 ) – 1hr 30 min</b>	<b>English Literature 1 - 1h 45 min History 1 - 1h 30 min</b>
17 <sup>th</sup> Jan	FRI	<b>Economics 2 - 1h 30 min Chemistry 2 - 1h 15 min</b>	<b>Psychology 1 - 1h 45 min</b>
20 <sup>th</sup> Jan	MON	<b>Biology 1 - 1h 15 min Accounting - 1- 2hrs</b>	<b>Biology 2 - 1h 15 min Accounting 2 - 1h 15 min</b>
21 <sup>st</sup> Jan	TUE	<b>Religious Studies 1 - 1h 45 min ( Bible/ Islamic A &amp; B )</b>	<b>Religious Studies 2 - 1h 30 min ( Bible/ Islamic A &amp; B )</b>
22 <sup>nd</sup> Jan	WED	<b>Arabic ( A ) - 2h 30 min</b>	<b>NO EXAMS NO LESSONS</b>
23 <sup>rd</sup> Jan	THU	<b>ICT-1h 30 min Computer Science - 2 hours</b>	<b>English Literature 2 - 2h 15 min History 2 - 1h 30 min</b>
24 <sup>th</sup> Jan	FRI	<b>Psychology 2 - 1h 20 min</b>	<b>Arabic ( B ) – 2 hrs</b>
27 <sup>th</sup> Jan	MON	<b>ART</b>	<b>ART</b>
28 <sup>th</sup> Jan	TUE	<b>ART</b>	<b>ART</b>



**FIRST TERM EXAMINATIONS – (YEAR 12) JANUARY 2025**

<b>DATE</b>	<b>DAY</b>		
10 <sup>th</sup> Jan	FRI	<b>Physics 1 - 2hrs</b>	-----
13 <sup>th</sup> Jan	MON	<b>Mathematics ( Pure ) - 2hrs</b>	<b>Arabic ( A ) - 2hrs 30 mins</b>
14 <sup>th</sup> Jan	TUE	<b>Biology 1 - 2hrs</b>	<b>English Literature 1 - 2hrs</b>
15 <sup>th</sup> Jan	WED	<b>Psychology 1 - 2hrs</b>	-----
16 <sup>th</sup> Jan	THU	<b>Economics 1 - 2hrs</b>	<b>Islamic Studies – 2 hrs</b>
17 <sup>th</sup> Jan	FRI	<b>Business Studies 1 - 2hrs</b>	-----
20 <sup>th</sup> Jan	MON	<b>English Literature 2 - 2hrs</b>	<b>Mathematics ( Statistics)- 1 hr</b>
21 <sup>st</sup> Jan	TUE	<b>Accounting 1 - 3hrs</b>	-----
22 <sup>nd</sup> Jan	WED	<b>Chemistry 1 - 2hrs</b>	-----
23 <sup>rd</sup> Jan	THU	REGULAR LESSONS	
24 <sup>th</sup> Jan	FRI	REGULAR LESSONS	



**FIRST TERM EXAMINATIONS – (YEAR 13) JANUARY 2025**

<b>DATE</b>	<b>DAY</b>	<b>SESSION ONE</b>	<b>SESSION TWO</b>
10 <sup>th</sup> Jan	FRI	<b>Biology 1 - 2hrs</b>	<b>Biology 2 - 2hrs</b>
13 <sup>th</sup> Jan	MON	<b>Business 1 - 2hrs</b>	<b>Business 2 - 2hrs</b>
14 <sup>th</sup> Jan	TUE	<b>English Literature 3 - 2 hrs</b>	<b>English Literature 4 - 2hrs</b>
15 <sup>th</sup> Jan	WED	<b>Mathematics 3 Mechanics &amp; Statistics - 2hrs</b>	<b>Arabic A – 2 hrs 30 mins</b>
16 <sup>th</sup> Jan	THU	<b>Physics 1 - 2hrs</b>	-----
17 <sup>th</sup> Jan	FRI	<b>Psychology 1 - 2hrs</b>	<b>Psychology 2 - 2hrs</b>
20 <sup>th</sup> Jan	MON	<b>Chemistry 1 - 2hrs</b>	<b>Chemistry 2 - 2hrs</b>
21 <sup>st</sup> Jan	TUE	<b>Economics 1 - 2hrs</b>	<b>Economics 2 - 2hrs</b>
22 <sup>nd</sup> Jan	WED	<b>Mathematics Pure 1 - 2hrs</b>	<b>Islamic Studies – 2 hrs</b>
23 <sup>rd</sup> Jan	THU	<b>Mathematics Pure 2 - 2hrs</b>	<b>Physics 2- 2 hrs</b>
24 <sup>th</sup> Jan	FRI	<b>Accounting 2 - 3hrs</b>	-----